

We claim:

2 1. A method of promoting lean body mass in an individual,
3 comprising administering to the individual a lean body mass promoting effective
4 amount of forskohlin.

1 2. The method of claim 1, wherein the forskohlin is administered in
2 a daily dose of about 10 to about 60 mg.

1 3. The method of claim 2, wherein the daily dose is divided into a
2 plurality of individual doses.

1 4. The method of claim 1, wherein the forskohlin is administered in
2 an individual dose of about 10 to about 20 mg.

1 5. A method of treating a mood disorder in a patient in need of such
2 treatment, comprising administering to the patient a mood disorder treating effective
3 amount of forskohlin.

1 6. The method of claim 5, wherein the forskohlin is administered in
2 a daily dose of about 10 to about 60 mg.

1 7. The method of claim 5, wherein the daily dose is divided into a
2 plurality of individual doses.

1 8. The method of claim 5, wherein the mood disorder is selected
2 from the group consisting of depression and anxiety.

1 9. The method of claim 5, wherein the forskohlin is administered in
2 an individual dose of about 10 to about 20 mg.

1 10. A composition suitable for promoting lean body mass and/or
2 treating a mood disorder, comprising about 1 to about 40% forskohlin in combination
3 with at least one physiologically acceptable carrier or excipient.

1 11. A composition as claimed in claim 10, wherein the composition
2 comprises about 5 to about 20% forskohlin.

1 12. A composition as claimed in claim 10, wherein the composition
2 comprises about 8 to about 15% forskohlin.

1 13. A composition as claimed in claim 10, wherein the composition
2 comprises about 10% forskohlin.

1 14. A method of preparing a forskohlin composition from a forskohlin
2 extract of Coleus Forskoli plant, comprising:

3 (a) providing a forskohlin extract of Coleus Forskoli plant;
4 (b) dissolving the forskohlin extract in a first solvent;
5 (c) thereafter separating an amount of forskohlin from an amount of
6 impurities in a step comprising combining the product produced in step (b) with a
7 second solvent, wherein the amount of forskohlin is insoluble in the second solvent
8 and the amount of impurities are soluble in the second solvent; and

9 (d) preparing a forskohlin composition by combining the amount of
10 forskohlin obtained in step (c) with at least one physiologically acceptable carrier or
11 excipient to produce a forskohlin composition having a predetermined forskohlin
12 content.

1 15. The method as claimed in claim 14, wherein step (a) comprises
2 subjecting Coleus Forskoli roots to extraction using an extraction mixture comprising
3 toluene and methanol in a ratio of about 100:1 to about 100:2.

1 16. The method as claimed in claim 14, wherein in step (c), the
2 product produced in step (b) is combined with the second solvent at a ratio of first
3 solvent to second solvent ranging from about 1:10 to about 1:20.

1 17. The method as claimed in claim 16, wherein after step (c), the
2 method further comprises combining the product produced in step (b) with the second
3 solvent at a ratio of first solvent to second solvent of about 1:25.

1 18. The method as claimed in claim 14, wherein step (c) is repeated
2 at least once.

1 19. A forskohlin composition prepared by the method as claimed in
2 claim 14.

1 20. The forskohlin composition as claimed in claim 19, wherein the
2 composition comprises about 1 to about 40% forskohlin.

1 21. The forskohlin composition as claimed in claim 19, wherein the
2 composition comprises about 5 to about 20% forskohlin.

1 22. The forskohlin composition as claimed in claim 19, wherein the
2 composition comprises about 8 to about 15% forskohlin.

1 23. The forskohlin composition as claimed in claim 19, wherein the
2 composition comprises about 10% forskohlin.

1 24. A method of promoting lean body mass in an individual,
2 comprising administering to the individual a lean body mass promoting effective
3 amount of the forskohlin composition as claimed in claim 19.

1 25. A method of treating a mood disorder in a patient in need of such
2 treatment, comprising administering to the patient a mood disorder treating effective
3 amount of the forskohlin composition as claimed in claim 19.

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